

Healthy Kansas Minute Radio Interview – Bureau of Health Promotion – Controlling Hypertension

Joe: This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Misty Jimerson, Heart Disease and Stroke Prevention Program Manager with the Kansas Department of Health and Environment. High Blood Pressure is often called the silent killer because it can be present with no signs or symptoms. Misty, how do you know if you have high blood pressure?

Misty: The only way to know for sure is to have your blood pressure taken regularly. Fortunately, High Blood Pressure is treatable and preventable by controlling weight, eating healthy, being physically active and not smoking.

Joe: Why is it important to control high blood pressure?

Misty: It is a very serious health condition, which if left untreated, can lead to heart attack, stroke, kidney failure and vision loss.

Joe: Thank you, Misty. To learn more about identifying and controlling high blood pressure, please visit the KDHE website at www.kdheks.gov. This has been the Healthy Kansas Minute.